

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY MATERIEL COMMAND
5001 EISENHOWER AVENUE, ALEXANDRIA, VA 22333-0001

AMC MEMORANDUM
NO. 350-41

11 June 1996

Training

PHYSICAL FITNESS TRAINING

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1. Purpose. This memorandum prescribes policy, procedures, and responsibilities for the physical fitness training of soldiers. It applies to all military personnel assigned to Headquarters, U.S. Army Materiel Command and tenant activities/agencies.

2. References.

a. Paragraph 9-7, Army Regulation 350-41, Training in Units, 19 March 1993.

b. Chapter 1, Field Manual 21-20, Physical Fitness Training, 30 September 1992.

3. Policy. At Headquarters, U.S. Army Materiel Command, highly structured, collective programs for physical fitness training are not practical. Therefore, individually scheduled personal fitness programs are emphasized and time during the duty day authorized for physical fitness training. All soldiers must maintain overall physical fitness despite job position. Division/section chiefs and supervisors will provide adequate time during duty hours to allow soldiers to maintain a vigorous physical fitness program. Army policy states, that, as a minimum, such a program will allow for at least 30 minutes of intense exercise at least three times per week, plus adequate time for showers, changing and recovery.

4. Procedures. a. Supervisors will allow military personnel assigned to their division/section a minimum of 1-1/2 hours per duty day, 3 days per week, to take part in physical fitness training. These 1-1/2 hours may be taken at any time of the day (e.g., at the beginning, middle, or end of the normal duty day) that the soldier chooses, based on the requirements of his/her duty position.

b. Soldiers must make full use of those facilities provided for physical fitness training during those times authorized by their division/section chief. The AMC Fitness Center, located at 4940B Eisenhower Avenue, Alexandria, VA (telephone: 751-7330), is staffed from 0600-1900 daily, Monday through Friday, and is an excellent resource for developing and conducting individual PT programs. Headquarters Company, Special Activities, located at Gunston Road, Fort Belvoir, VA (telephone: 806-3019/3020), conducts organized PT sessions at 0600 daily. Additionally, there are facilities located at both Fort Belvoir and Fort Meyer, open to all military ID card holders, that offer a variety of physical fitness activities and programs.

5. Responsibilities. Assignment to a duty position within Headquarters, U.S. Army Materiel Command offer soldiers little opportunity to participate in collective unit physical training programs. In such an organization, commanders and division/section chiefs must develop leadership environments that encourage and motivate soldiers to accept individual responsibility for their own physical fitness. Our soldiers need to use the fundamental principles and techniques outlined in Field Manual 21-20 to help them attain and maintain a high level of physical fitness. Army master fitness trainers (MFT) and AMC Fitness Center staff can help develop individual fitness programs.

(AMCPE-AT)

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